



Upcoming Programs for Healthy Rewards Points



Check the 2016 Healthy Rewards Program website (www.milwaukee.gov/DER/Benefits2016/HR) for updates to this document.

| PROGRAM NAME | DATE/TIME | LOCATION | HOW TO REGISTER | NUMBER OF POINTS |
|---|---|--|---|------------------|
| Ongoing: <i>In-Person Coaching</i> | Various Dates/Times | Wellness Center Zeidler Muni Bldg Market St. entrance | Call (414) 777-3410 to schedule an appointment. | 10 |
| Ongoing: <i>Nutrition coaching with Registered Dietitian</i> | Various Dates/Times | Wellness Center Zeidler Muni Bldg Market St. entrance | Call (414) 777-3410 to schedule an appointment. | 10 |
| Ongoing: <i>Nutrition Coaching with Registered Dietitian</i> | 4 th Tuesday of each month 8:30 a.m. – 1:00 p.m. | DPW Tower location 3850 N 35 St. | Register online at www.pickatime.com/healthyrewards | 10 |
| Ongoing: <i>Nutrition Coaching with Registered Dietitian</i> | 2 nd Tuesday of each month 8:30 a.m. – 1:00 p.m. | Safety Academy 6680 N. Teutonia | Register online at www.pickatime.com/healthyrewards | 10 |
| YMCA Diabetes Prevention Program | May 26 – Sept 8, 2015 Tuesdays: 11:30 – 12:30 (16-week program) | City Hall Room 303 | Contact Ellie Duyser at (414) 357-2820 e-mail: eduyser@ymcamkeo.org | 20 |
| Walk 100 Miles w/ the Mayor (do 5 walks over 11 days) | August 24 – Sept 8 Weekdays at Noon | Wellness Center Zeidler Muni Bldg Market St. entrance | No advance registration necessary | 5 |
| Lunch & Learn: <i>30 Days to Better Labs</i> | Wednesday, Sept 2 <u>and</u> Wednesday, Oct 10 | Zeidler Muni Bldg Room 102 (Fishbowl) Broadway St entrance | No advance registration necessary; Initial 20-minute appointment and complete 4 weekly challenges | 5 |
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